

ni papo a vazey do Apiya vehan

no kakwa pa a mamaring so kanen do Apiya vehan am.aro o vazey do madagdag, manonoton, manedted so alibangbang, a ka pangazow, a ka limot no asa ka vahey a koman, a ka peyvaci da no mahakey, no mahep am, meykaryag sira do makarang, ori o vazey do Apiya vehan no kakwa pa.

sicyaikwaya am, yamyan so ya vayo a vazey do ya teyhesa ka ili, ta no ya mateyka o ya mamaring so kanen do Apiya vehan am, da ni papo o ya meynenenet a meyyawawat aka no ya mangaod do tatala aka no peykavangan, no yaro o tao am, da palwasen o cinedkeran a ya da pacinanaoan no malalavayo a mangaod, no yatatasa am, sira mangey o mavakes a ya mineynara do da ka pangaod.

no ya mangaod do tatala am, yamyan so yasa ka rarakeh a yamnanao so malalavayo a tao, no matahep do karakwan no awa am, makongo so anjin o amvyey so kataotao, o tatala am, ya omned no atow, a kangey no rarakeh a somakey a ka sapsap na jya a komaod rana so tatala a mangid.

no ya meynenenet o ya meyyawawat am sira aro o kanakan a meyvatevi a ya mangey meyyawawat, yaro o malalavayo a ya macinanao a ya mangaod do tatala.

o mavakes am, da pey tahatahahen o da nirotongan a kanekanen do pongso, a ya da ka lovot so kanen a da ipakan so kadwanlili, aka no dehdeh, ori o ya nimateyras do Apiya vehan a vazey.

o tao do pongso a mahakey am, masanib sira mangahahap do karakoan no awa, am ya mablis rana sicyaikwaya ta yaro o tao a yamangey do ilaod a ya meyvayvazey, na tongahengahephepi no icicirawat no tao a yamangahahap ori o ya papoan so yavayo a vazey no yapiya vehan.

o da papoan so yavayo a vazey do Apiya vehan am, pacinanaoan da no malalavayo a mangaod do tatala.

o yani papo a vayo a vazey do Apiya vehan am, da peytahatahahen no mavakes o da nirotongan da nidengdeng a iyakan, ya amyan so ya meyyawawat a kanakan aka no malalavayo aka no nimablis rana so ngaran, o mavakes am, ya mangey mineynara do da ka pangaod, a da pakatengan do zikzikna no mahakey a ya mangahahap do karakoan no awa.

收穫節與好月盃活動

以前收穫節時，要煮主、副食，飛魚剪翅、贈禮、搗小米，晚上會在高屋舉行男女拍手歌會。現在有些部落增加好月盃活動：包括游泳比賽、單人拼板舟和十人拼板舟的划船比賽，讓年輕人學習、體驗划拼板舟，也會舉行拼板舟翻船自救教學。

好月盃的活動亦安排傳統美食競賽，讓部落的婦女展現美食創意，推展傳統美食。社會變遷，不少生活技藝逐漸式微，籌劃好月盃活動，是為了要讓技藝傳承下去。